

Getting Ready for Your Baby

The day you bring your baby home is exciting and special. You'll want to have everything ready so that you can get off to a great start. Here are some of the things you'll need.

Car Seat

- ✓ Learn how to correctly install your baby's car seat before you go to the hospital.
- ✓ Read your vehicle owner's manual.

Crib

- ✓ Crib slats shouldn't be more than 2-3/8 inches apart.
- ✓ Cribs should not be painted with lead paint or varnish.
- ✓ Cribs made after 1985 meet these safety rules.

Changing Table

- ✓ Use a strap to hold your baby when possible and keep one hand on her at all times.
- ✓ Keep supplies within easy reach.

Baby Monitor

- ✓ This makes it easy to hear the baby from any room.

Diapers

- ✓ You need about 70 cloth or disposable diapers a week for a newborn.
- ✓ For cloth diapers, you'll need diaper wraps or plastic pants.

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- ✓ The following list of items will get you started. Your baby may need other items, depending upon the season (warmer blankets for winter and a wide-brimmed hat for summer).

6 to 8 T-shirts or onesies

6 to 8 sleepers

4 to 6 booties or socks

4 to 6 receiving blankets

2 sweaters

Washcloths and hooded towels

Resources

In addition to choosing a health care provider for your baby, it's also important to know where to look for quality support and education. These organizations can help:

American Academy of Pediatrics - (847) 434-4000 Children's health and parenting publications

La Leche League - (800) LALECHE Breastfeeding consultations and publications

March of Dimes - 1-888-MODIMES or www.marchofdimes.com



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